

Instructional Classes

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- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Classes

STAFF:

Sean Clark – Recreation Programs Superintendent
 Meghan Reed – Program Supervisor
 Kristen Hamill – Facilities Supervisor
 Ryan Gregory – Program Senior Coordinator
 Joan E Ivey – Riverview Gymnastics Coordinator
 Jason Brown – Recreation Center Supervisor BMCC
 Jeff Lefever – Recreation Center Supervisor DCC
 Shaun Stith – Rec. Center Senior Coordinator DMCC
 Cassie Morley – Staff Technician

ADMINISTRATIVE OFFICE:

Department of Parks, Recreation, and Tourism
 Fountain Plaza Two
 700 Town Center Drive, Suite 320
 Newport News, VA 23606
 Phone Number: 926-1400
 Instructional Class Update Line: 926-7277

IMPORTANT FACTS TO REMEMBER – No cash accepted.

- Acceptable forms of payment include: check, money order (payable to the City of Newport News), Visa, MasterCard, & American Express
- Report to class unless notified. All classes are subject to change based on enrollment
- Day abbreviations: Monday (M), Tuesday (Tu), Wednesday (W), Thursday (Th), Friday (F), and Saturday (S).

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Location	Facility	Address
BMCC	Brittingham-Midtown Community Center	570 Mclawhorne Dr.
CWCC	Courthouse Way Community Center	14302 Old Courthouse Way
CC	City Center	700 Town Center Dr.
DCC	Denbigh Community Center	15198 Warwick Blvd.
DMCC	Doris Miller Community Center	2814 Wickham Ave.
LCC	Liberty Community Center	3201 Washington Ave.
PILETC	Pilates, Etc.	11711 Jefferson Ave.
PLEX	Hampton Roads Ice Plex	401 Village Avenue, Yorktown
RGC	Riverview Gymnastics Center	125 City Farm Rd.
SRAC	Stoney Run Athletic Complex	15194 Warwick Blvd.
WRC	Warwick Recreation Center	29 Copeland Lane

**For a Complete List of Classes
 & Descriptions, Please Visit Our
 Website at www.nnparks.com/active**

Bring A Friend Week

Bring a friend/family member with you to
 class the last week of the session for a free trial.
 (Adult classes only. Limit one friend per registered participant.)

Art Computers

Instructional Classes

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ART

DRAWING & PAINTING FOR ADULTS

Registration Fee: \$35.00Ages: 18 and up

The class will spend 4 weeks learning basic drawing skills using both drawing pencils and color pencils, then spend 4 weeks learning how to paint using watercolors and acrylics. Participants will pay \$20 to the instructor for supplies and materials on the first day of class.

I519.401	BMCC	6:30pm to 8pm	April 16 - June 4	Th	LaBelle, H
I519.101	BMCC	6:30pm to 8pm	July 9 - Sept. 3	Th	LaBelle, H

DRAWING & PAINTING FOR TEENS

Registration Fee: \$35.00Ages: 12 -18

Teens will spend 4 weeks learning basic drawing skills using both drawing pencils and color pencils, then spend 4 weeks learning how to paint using watercolors and acrylics. Participants will pay \$20 to the instructor for supplies and materials on the first day of class.

I518.401	BMCC	4:30pm to 5:30pm	April 14 - June 2	Tu	LaBelle, H
I518.101	BMCC	4:30pm to 5:30pm	July 7 - Sept. 1	Tu	LaBelle, H

OIL & ACRYLIC PAINTING

Registration Fee: \$45.00Ages: 13 and up

This is a class for those who would like to experience the creativity of painting. Whether a beginner or intermediate-level painter, you will enjoy the fun and relaxing way of expressing yourself. The instructor has a BFA and 26 years of experience in teaching this fun art form. For beginners, a supply list will be distributed and explained at the first class. Intermediate painters may bring their materials they already have along with a photo to work from. Easels will be provided.

I582.401	BMCC	6pm to 8pm	April 15 - June 3	W	LaBelle, F
I582.101	BMCC	6pm to 8pm	July 8 - Aug. 26	W	LaBelle, F

OIL PAINTING & OTHER MEDIA (INT/ADV)

Registration Fee: \$65.00Ages: 18 and up

This course offers continuing instruction in oil painting, of the intermediate to advanced level for adults who have prior classroom painting experience. Students will work on projects of their choice with individual help from the instructor. The course is directed by an instructor with over 25 years of experience in various forms of art creation.

I540.401	BMCC	2pm to 5pm	April 16 - June 4	Th	Maslikova, O
I540.402	BMCC	6pm to 9pm	April 16 - June 4	Th	Maslikova, O
I540.101	BMCC	2pm to 5pm	July 9 - Aug. 27	Th	Maslikova, O
I540.102	BMCC	6pm to 9pm	July 9 - Aug. 27	Th	Maslikova, O

ART - CHILDREN’S

ART FOR HOME SCHOOL STUDENTS

Registration Fee: \$30.00

Students will create art projects using the elements of Art and Principles of Design. Students will incorporate Art History into their drawing, painting, 3-D, and sculpture projects. A variety of materials will be used. A supply fee of \$10 is payable to the instructor at the first class.

Ages: 5-7

I559.401	BMCC	9am to 10am	April 14 - June 2	Tu	LaBelle, H
I559.101	BMCC	9am to 10am	July 7 - Aug 25	Tu	LaBelle, H

Ages: 8-10

I560.401	BMCC	10:30am to 11:30am	April 14 - June 2	Tu	LaBelle, H
I560.101	BMCC	10:30am to 11:30am	July 7 - Aug 25	Tu	LaBelle, H

Ages: 11-13

I561.401	BMCC	Noon to 1:30pm	April 14 - June 2	Tu	LaBelle, H
I561.101	BMCC	Noon to 1:30pm	July 7 - Aug 25	Tu	LaBelle, H

Ages: 14-18

I562.401	MCC	2pm to 4pm	April 14 - June 2	Tu	LaBelle, H
I562.101	MCC	2pm to 4pm	July 7 - Aug 25	Tu	LaBelle, H



If you want to take a class but don't want to buy paint, you may buy the use of the instructor's paints for \$5.

Please register TWO WEEKS prior in order for the instructor to contact you with your supply needs.

ART - CHILDREN’S

PEE WEE PICASSOS

Registration Fee: \$35.00Ages: 4-7

Get Creative! Let the mind wander and put your imagination caps on as you experiment with different mediums such as watercolor, finger paints, tempera and crayons. A supply fee of \$10 is payable to the instructor at the first class.

I556.401	BMCC	9am to 9:50am	April 18 - June 6	Sa	LaBelle, H
I556.101	BMCC	9am to 9:50am	July 11 - Aug. 29	Sa	LaBelle, H

Y.A.L.E.

Registration Fee: \$49.00Ages: 8-12

Young Artist Learning Explorers is designed to introduce students to a variety of art mediums through the use of the Elements of Art. Your young artist will experiment each week with a new element and new technique including drawing, painting, sculpting and print making. This class is for all ability levels. A supply fee of \$20 is payable to the instructor at the first class.

I558.401		11am to 1pm	April 18 - June 6	Sa	LaBelle, H
I558.101		11am to 1pm	July 11 - Aug. 29	Sa	LaBelle, H

CHILDREN’S EDUCATION & SOCIAL

GIRLS R US

Registration Fee: \$89.00Ages: 6-12

This club is a full circle wellness program for young ladies. It will empower girls in all aspects of life. Week to week, they will engage in hands-on fun activities on topics including: Physical Fitness, Our Planet, Inner Beauty, Personal Care, Good Nutrition, Etiquette and more! Girls just wanna have FUN!

I229.401	RGC	10:30am to 11:30am	April 18 - June 6	Sa
I229.402	DCC	1pm to 2pm	April 18 - June 6	Sa
I229.102	DCC	10:30am to 11:30am	July 11 - Aug. 29	Sa
I229.103	WRC	10:30am to 11:30am	July 11 - Aug. 29	Sa

COMPUTERS

3D ANIMATION AND GAME DESIGN

Registration Fee: \$50.00Ages: 7 and up

This beginner class focuses primarily on 3D computer modeling and animation using the free software Anim8or with just a little touch of beginning game design using the software, Gamemaker. In Anim8or, students will learn how to use and manipulate three dimensional shapes to create objects, backgrounds and characters; how to create movable figures that can walk, run, fly, swim, etc.; and how to put their creations together to make a video. In Gamemaker, students will learn how to use their anim8or creations to make characters and backgrounds for a video game.

I625.401	DCC	2pm to 2:50pm	April 18 - June 6	Sa	Auberg, J
I625.101	DCC	2pm to 2:50pm	July 6 - Aug. 24	M	Auberg, J

Decorative Painting

- **Classes begin the week of April 13 (Spring) and July 6 (Summer)**
- **Accepting MasterCard, Visa, or American Express for instructional Classes**

COMPUTERS

MS WORD - BEGINNING

Registration Fee: \$30.00 Ages: 14 and up

This class will examine the features of Microsoft Word, including: basic word processing, opening/closing/saving documents, inserting tables and tabs, editing/formatting techniques, using spell check and print preview.

I604.401	BMCC	6pm to 7:15pm	April 13 - April 16	M W Th	Thompkins, J
I604.101	BMCC	6pm to 7:15pm	July 13 - July 16	M W Th	Thompkins, J

MS WORD - INTERMEDIATE

Registration Fee: \$30.00 **Ages:** 14 and up

This course is aimed at people who need to know how to use Microsoft Word to enhance basic Word documents. Students should have completed Word beginning course or be able to create basic documents in Microsoft Word. You will learn to work with tables, add graphics, do a mail merge, create mailing labels, working with headers and footers, using templates and create a table of contents.

I605.401	BMCC	6pm to 7:15pm	May 18 - May 21	M W Th	Thompkins, J
I605.101	BMCC	6pm to 7:15pm	Aug. 17 - Aug. 20	M W Th	Thompkins, J

COOKING - CHILDREN'S

KID'S BEGINNER CAKE DECORATING CAMP

Registration Fee: \$125.00 Ages: 7-13
Students will learn the BASICS of cake decorating! Students will learn how to make buttercream icing for decorating, color icing, filling icing bags, ice cakes/cupcakes along with stars, borders, dots, writing and MORE! Learn from a Certified Cake Decorator! Students will bake their own cakes/cupcakes during class/ All treats made and decorated are sent home with the students each day. Get ready to DECORATE! Please note any food allergies with registration. Camp fee includes ALL supplies.

KID'S CAMP CHOCOLATE

Registration Fee: \$115.00

Ages: 7-12

This 4-day camp is an INTENSE hands-on class each day. We teach the class giving everyone the history about the company and how we got started. In addition, we teach the students about the different types of chocolate along with the health benefits and ingredients to look for (and what not to look for) when selecting the Chocolate for dipping techniques. We do a chocolate taste test to identify different chocolates. Not all chocolate is the same! We also learn about where Chocolate comes from, what the beans look like, how it is processed etc.. until it gets to a final solid form. Students also learn about chocolate trivia and important facts about chocolate. We DO NOT use ANY peanuts or peanut butter in any of our classes. If a student has ANY food allergy we need to know in advance. Students will learn about how to mold Chocolates in candy molds and the different types of candy molds, making chocolate dessert cups and chocolate shavings to complete any dessert. We will also flavor chocolates, dip buttercreams, make chocolate cheesecake for our dessert cups, and so much more! If you LOVE chocolate and appreciate chocolate, this camp is for YOU!!

1892.101	DCC	9am to Noon	Aug. 3 - Aug. 7	M Tu Th F	Boho, M
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KID'S DESSERT CAMP

Registration Fee: \$115.00

Ages: 7-12

It's All About Desserts! Students will learn how to make simple desserts for special occasions and entertaining! Cheesecakes, Tortes, Dessert Cups and other simple desserts will be made each day! Please note any food allergies at the time of registration. All treats made during class are taken home each day. Note: Bring an apron or dress accordingly and tie back long hair for class. Students will need to bring a snack and a drink each day. Camp fee includes ALL Supplies.

1893.101	CWCC	8:45am to 11:45am	Aug. 17 - Aug. 21	M Tu Th F	Boho, M
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Class information subject to change

Instructional Classes

Dance Decorative Painting

- Registration information is on page 22-23 or call 926-1400
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DANCE - CHILDREN'S

JAZZ DANCE - LEVEL 1

Registration Fee: \$45.00

Students will learn pique turns, jazz turns, jazz square, fan kicks, kicks and much more. We will have so much fun with so many different genres of music and opportunities to have the students create their own choreography! Students are required to wear a leotard (any color) with jazz pants and black leather jazz shoes.

Ages 4-6

I394.102 RGC 11:30am to 12:20pm July 7 - Aug. 11 Tu Ivey, M

Ages: 6-8

I395.401 RGC 4:30pm to 5:20pm April 14 - June 16 Tu Ivey, M

JAZZ/TAP - LEVEL 1

Registration Fee: \$45.00

Throughout the session, the dancers will learn both jazz and tap techniques. The goal for the dancers is to understand how jazz can be incorporated with tap. Over the weeks the dancers will learn both a jazz and tap routine to demonstrate the skills they will be learning, such as, turns, kicks, leaps, shuffles, ball changes, flaps, pull backs, and much more. The clothing requirements for girls are tights or black jazz pants, any color leotard or t-shirt. For boys, black jazz pants and any color t-shirt (no baggy shirts). The clothes will be acceptable for both jazz and tap. Lastly, dancers must have black jazz shoes and tap shoes.

Ages: 4-6

I367.101 RGC 10:30am to 11:20am July 8 - Aug. 12 W Ivey, M

I367.102 RGC 11:30am to 12:20pm July 9 - Aug. 13 Th Ivey, M

Ages: 6-8

I368.401 RGC 4:30pm to 5:20pm April 16 - June 18 Th Ivey, M

I368.101 RGC 5:30pm to 6:20pm July 9 - Aug. 13 Th Ivey, M

Ages: 9-12

I369.401 RGC 7pm to 7:50pm April 16 - June 4 Th Ivey, M

I369.101 RGC 7pm to 7:50pm July 8 - Aug. 12 W Ivey, M

TAP DANCE - LEVEL 1

Registration Fee: \$45.00

Learn to tap dance like a star! Shuffles, ball-changes, toe taps, heal digs there are just too many to name. Explore the fun behind dancing with rhythms, accents, syncopations; your feet can do so much! Please wear dance leotard, tights or jazz pants, shorts and t-shirt for boys, black tap shoes.

Ages: 4-6

I371.401 RGC 4:30pm to 5:20pm April 16 - June 18 Th Ivey, M

I371.101 RGC 12:30pm to 1:20pm July 9 - Aug. 13 Th Ivey, M

Ages: 6-8

I372.101 RGC 4:30pm to 5:20pm July 9 - Aug. 13 Th Ivey, M

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DANCE - CHILDREN'S

TINY TOTS BALLET

Registration Fee: \$45.00

Ages: 3-year-olds

"Good toes, naughty toes", "Plies", "Princess walks", "Butterflies", "Jumping bunnies", "Leaping horses"it's all so exciting! Please wear your favorite purple, pink or rainbow leotard with leather ballet shoes. Boys can wear shorts and a tee shirt.

I365.401 RGC 3:30pm to 4:20pm April 13 - June 15 M Ivey, M

I365.402 RGC 10:30am to 11:20am April 14 - June 16 Tu Ivey, M

I365.403 RGC 2:30pm to 3:20pm April 15 - June 17 W Ivey, M

I365.101 RGC 3:30pm to 4:20pm July 6 - Aug. 10 M Ivey, M

I365.102 RGC 10:30am to 11:20am July 7 - Aug. 11 Tu Ivey, M

I365.103 RGC 2:30pm to 3:20pm July 8 - Aug. 12 W Ivey, M

TINY TOTS TAP DANCE

Registration Fee: \$45.00

Ages: 3-year-olds

Learn to tap dance like a star! Shuffles, ball-change, toe taps, heal digs there are just too many to name. Explore the fun behind dancing with rhythms, accents, syncopations; your feet can do so much! Please wear dance leotard, tights or jazz pants, shorts and t-shirt for boys, black tap shoes.

I355.401 RGC 10:30am to 11:20am April 16 - June 18 Th Ivey, M

I355.101 RGC 10:30am to 11:20am July 9 - Aug. 13 Th Ivey, M

DILLON'S DECORATIVE PAINTING

ABSTRACT DESIGN

Registration Fee: \$30.00

Ages: 18 and up

Loosely based on Zentangle designs, you will create your own art. Make a personal statement using paint & canvas. Using your own color scheme and templates the instructor will provide, enter into the world of the abstract. With the instructor's help, you will learn about balance, good design & negative space. Bring your own acrylic paint, canvas and brushes.

I530.401 DCC 9am to 11am May 28 - June 11 Th Dillon, J

ANGELFISH

Registration Fee: \$25.00

Ages: 18 and up

Paint a brilliant angelfish under water on a 14" x 18" canvas. The special part of this project is using canned air to make a fantastic background representing coral and bubbles. Bring your own canvas, brushes and acrylic paint and a can of compressed air.

I528.401 DCC 9am to 11:30am May 11 - May 18 M Dillon, J

APPLES & CHERRIES CHALKBOARD

Registration Fee: \$30.00

Ages: 18 and up

Using black slate chalkboard paint and a 12" x 20" board, you will paint a lovely chalkboard for your kitchen. You will embellish it with a cascade of apples, cherries, leaves and a ribbon. Cost of the board is \$10. Bring your own paint and brushes.

I522.401 DCC 9am to 11am April 16 - April 30 Th Dillon, J

BLACK EYED SUSANS

Registration Fee: \$30.00

Ages: 18 and up

Reminiscent of Georgia O'Keefe paintings, you will paint large flowers on a 16" x 20" canvas. Use bright colors to paint a cheerful scene of black-eyed Susan flowers with acrylics.

I531.401 DCC 9am to 11am June 1 - June 15 M Dillon, J

Don't see what you are looking for? Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

City Arts Dance Company is looking for YOU!!



If you have a love of dance, shine on stage and are 5yrs old to 16 yrs old - then City Arts Dance Company is perfect for you! City Arts is a recreational dance group that has been performing in local festivals, competitions and recitals throughout the area for nearly a decade, representing the City of Newport News Parks, Recreation and Tourism. On top of the performances and competitions the Company has weekly technical training in Ballet, Jazz and Tap, and they explore a wide range of dance genres.

Email cityartsdance@gmail.com for more information!

- **Classes begin the week of April 13 (Spring) and July 6 (Summer)**
- **Accepting MasterCard, Visa, or American Express for instructional Clases**

FABRIC & THREAD

HEMMING JEANS

Registration Fee: \$13.00 Ages: 15 and up

Don't pay exorbitant alteration prices to have your jeans hemmed! Learn how easy and quickly you can adjust and re-sew jeans yourself. Bring jeans to class, plus thread, shears, fabric markers, a tape measure, ruler, hammer and a #16 jeans machine needle.

HUNTER'S STAR QUILT

Registration Fee: \$27.00		Ages: 15 and up	
Choose two fabrics with high contrast and create this traditional quilt pattern using precise rotary-cutting and machine-piecing techniques. This 58 1/2"x70 1/2" quilt will be a focal piece in any room. Instructor will call with supply list prior to the first class.			
1768.101	CWCC	6pm to 8pm	July 9 - July 23
			Th
			Meekins, L

INTERMEDIATE SEWING

Registration Fee: \$46.00 Ages: 15 and up
Intermediate class requires previous sewing experience or class prior to registration.
Previous knowledge of operating a sewing machine and cutting patterns is needed.
Participants learn to make buttonholes, shoulder pads, install zippers and apply elastic.
Additional assistance in sewing patterns is provided. Bring project of choice to first class.
Please bring your own sewing machine, pins, thread and scissors.

JAR QUILT WALL HANGING

Registration Fee: \$18.00		Ages: 15 and up			
Learn precise and accurate foundation piecing skills while creating this whimsical wall hanging. This wall hanging can be made in more than 1 size and the jars can be "filled" with foods, quilting notions, baby items, toys, etc. Instructor will call with supply list prior to the first class.					
1769.101	CWCC	10am to 2pm	July 29	W	Meekins, L

KIDS LEARN TO SEW

Registration Fee: \$55.00 Ages: 6-16

Ohana Arts Studio presents Kids Learn to Sew. Boys and girls will learn to sew, select and read a pattern, take measurements, operate a sewing machine, layout and cut patterns and more! This class is geared for the beginner sewist. No experience necessary. Please bring your sewing machine if you have one.

1700.401	CWCC	6pm to 7pm	April 13 - June 1	M	Robbins, L
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KNITTING

Registration Fee: \$45.00	Ages: 16 and up
Learn to Knit! Knitting warm, comfortable, attractive clothing is calming to the mind and soothing to the spirit. Learn basic knitting stitches, techniques, cutting patterns, how to determine "gauge" and create your own designs. This class provides lots of time to practice, ask questions and discover the joy of this ancient craft in a social atmosphere.	
1722.401 CWCC	6pm to 8pm
April 15 - June 3	W Kausland, B

Class information subject to change

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Instructional Classes

Gymnastics

- Registration information is on page 22-23 or call 926-1400
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GYMNASTICS - BOYS'

BOYS' INTERMEDIATE GYMNASTICS

Registration Fee: \$40.00/\$50.00

Ages: 8-12

Intermediate level is for boys who have mastered beginner level skills and have been recommended by a gymnastics instructor.

I318.402	RGC	1pm to 2pm	April 18 - June 20	Sa
I318.102	RGC	1pm to 2pm	July 11 - Aug. 29	Sa

GYMNASTICS - CHEERLEADING

TUMBLING FOR CHEERLEADERS

Registration Fee: \$40.00/\$50.00

Ages: 8-12

Get a leg up on the competition! Join us to improve skills and learn the fundamentals of tumbling used by cheerleaders for dance routines, competition performances and to inspire spirit for your favorite team. Tumbling skills emphasized include the cartwheel and round-off, walkovers, handsprings, aerials and tucks. In addition, improve your flexibility for splits and stunts. Regardless of experience level, your tumbling skills are challenged.

I341.401	RGC	7pm to 8pm	April 13 - June 15	M
I341.402	RGC	4pm to 5pm	April 17 - June 19	F
I341.101	RGC	7pm to 8pm	July 6 - Sept. 7	M
I341.102	RGC	4pm to 5pm	July 10 - Aug. 28	F

GYMNASTICS - GIRLS'

GIRLS' BEGINNER GYMNASTICS

Registration Fee: \$40.00/\$50.00

Ages: 6-11

In our progression gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skills at her own unique pace. Participant must be enrolled in first grade.

I320.405	RGC	7pm to 8pm	April 13 - June 15	M
I320.406	RGC	9am to 10am	April 18 - June 27	Sa
I320.105	RGC	7pm to 8pm	July 6 - Aug. 24	M
I320.106	RGC	9am to 10am	July 11 - Aug. 29	Sa

GIRLS' ADVANCED GYM (2HR)

Registration Fee: \$66.00/\$77.00

Ages: 6-17

Thinking of becoming a team member or just want more time working on all 4 events every week? Participants must have one year of experience on all gymnastics equipment, be a hard worker, like conditioning, and LOVE gymnastics. Advanced: Intermediate skills plus all cartwheels, limbers and back walkover. Must be recommended by an instructor.

I329.401	RGC	5pm to 7pm	April 17 - June 19	F
I329.101	RGC	5pm to 7pm	July 10 - Aug. 28	F



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NATIONAL GYMNASTICS DAY • SATURDAY, SEPTEMBER 19

Riverview Gymnastics Center

2 pm - 6 pm



GIRLS' ADVANCED GYMNASTICS

Registration Fee: \$40.00/\$50.00

Ages: 8-13

In our progressive gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skill at her own unique pace. Advance level gymnast must have at least two sessions of Intermediate gymnastics and meet Riverview's Advance gymnastics progression level standards.

I330.401	RGC	Noon to 1pm	April 18 - June 20	Sa
I330.101	RGC	Noon to 1pm	July 11 - Aug. 29	Sa

GIRLS' BEGINNER GYMNASTICS

Registration Fee: \$40.00

Ages: 6-11

In our progressive gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skill at her own unique pace. Must be enrolled in first grade.

I320.417	RGC	4pm to 5pm	April 13 - June 15	M
I320.400	RGC	5pm to 6pm	April 13 - June 15	M
I320.401	RGC	5:30pm to 6:30pm	April 14 - June 16	Tu
I320.402	RGC	2:30pm to 3:30pm	April 15 - June 17	W
I320.403	RGC	4:30pm to 5:30pm	April 16 - June 18	Th
I320.415	RGC	7:30pm to 8:30pm	April 16 - June 18	Th
I320.416	RGC	4pm to 5pm	April 17 - June 26	F
I320.409	RGC	7pm to 8pm	April 17 - June 19	F
I320.404	RGC	Noon to 1pm	April 18 - June 20	Sa
I320.408	RGC	2pm to 3pm	April 18 - June 20	Sa
I320.100	RGC	5pm to 6pm	July 6 - Aug. 24	M
I320.117	RGC	4pm to 5pm	July 6 - Aug. 24	M
I320.101	RGC	5:30pm to 6:30pm	July 7 - Aug. 25	Tu
I320.102	RGC	2:30pm to 3:30pm	July 8 - Aug. 26	W
I320.103	RGC	4:30pm to 5:30pm	July 9 - Aug. 27	Th
I320.115	RGC	7:30pm to 8:30pm	July 9 - Aug. 27	Th
I320.116	RGC	4pm to 5pm	July 10 - Aug. 28	F
I320.109	RGC	7pm to 8pm	July 10 - Aug. 28	F
I320.104	RGC	Noon to 1pm	July 11 - Aug. 29	Sa
I320.108	RGC	2pm to 3pm	July 11 - Aug. 29	Sa

Class information subject to change

Gymnastics

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
 - Registrations accepted beginning February 26, 2015.
- Classes begin the week of April 13 (Spring) and July 6 (Summer)
 - Accepting MasterCard, Visa, or American Express for instructional Classes

GYMNASTICS - GIRLS'

GIRLS' BEGINNER GYMNASTICS

Registration Fee: \$40.00 / \$50.00 Ages: 8-13

In our progressive gymnastics program, school-age children develop total body strength, balance, coordination and tumbling skills through activity circuits and conditioning drills. Once fundamentals are mastered, gymnasts test their skills on the balance beam, vault and uneven bars. Class contests, games and relay races help motivate gymnasts as a group, while each gymnast is encouraged to develop strength and skill at her own unique pace.

I321.400	RGC	6pm to 7pm	April 13 - June 15	M
I321.405	RGC	3:30pm to 4:30pm	April 15 - June 17	W
I321.401	RGC	6:30pm to 7:30pm	April 16 - June 18	Th
I321.402	RGC	7pm to 8pm	April 17 - June 19	F
I321.404	RGC	1pm to 2pm	April 18 - June 20	Sa
I321.100	RGC	6pm to 7pm	July 6 - Aug. 24	M
I321.105	RGC	3:30pm to 4:30pm	July 8 - Aug. 26	W
I321.101	RGC	6:30pm to 7:30pm	July 9 - Aug. 27	Th
I321.102	RGC	7pm to 8pm	July 10 - Aug. 28	F
I321.104	RGC	1pm to 2pm	July 11 - Aug. 29	Sa

GIRLS' INTERMEDIATE GYM (2HR)

Registration Fee: \$66.00 / \$77.00 Ages: 6-19

Thinking of becoming a team member or just want more time working on all 4 events every week? Participants must have one year experience on all gymnastics equipment, be a hard worker, like conditioning, and LOVE gymnastics. The following skills must be previously mastered: Intermediate: all rolls, cartwheel, handstand, backbend and front limber. Must be recommended by a gymnastics instructor.

I331.401	RGC	5pm to 7pm	April 17 - June 19	F
I331.101	RGC	5pm to 7pm	July 10 - Aug. 28	F

GIRLS' INTERMEDIATE GYMNASTICS

Registration Fee: \$40.00 / \$50.00 Ages: 6-13

Intermediate level gymnast must have at least two sessions of gymnastics and meet Riverview's Intermediate gymnastics progression level standards. Must be recommended by a gymnastics instructor.

I325.409	RGC	5pm to 6pm	April 13 - June 15	M
I325.406	RGC	6pm to 7pm	April 13 - June 15	M
I325.407	RGC	2:30pm to 3:30pm	April 15 - June 17	W
I325.403	RGC	6:30pm to 7:30pm	April 16 - June 18	Th
I325.408	RGC	Noon to 1pm	April 18 - June 20	Sa
I325.109	RGC	5pm to 6pm	July 6 - Aug. 24	M
I325.106	RGC	6pm to 7pm	July 6 - Aug. 24	M
I325.107	RGC	2:30pm to 3:30pm	July 8 - Aug. 26	W
I325.103	RGC	6:30pm to 7:30pm	July 9 - Aug. 27	Th
I325.108	RGC	Noon to 1pm	July 11 - Aug. 29	Sa

Note for Gymnastics Classes:

- Please register for gymnastics classes or events prior to deadlines.
- Leotard or shorts and a t-shirt tucked in are considered appropriate dress for classes – no tights will be permitted.
- Long hair should be pulled back in a ponytail.
- For safety reasons – clothes should fit appropriately and not be too big and baggy.
- All participants should come to class with bare feet.
- Cubbies are provided to store your excess clothing.

- Parent participation is required for children under the age of three; no other parent or child will be permitted in the gym during classes.
- Children under the age of 13 are required to have adult supervision and follow the facility rules and regulations at all times
- Viewing windows are situated throughout the building.
- Questions about gymnastics classes? Contact Riverview Gymnastics Center at 886-2729 or visit www.nnparks.com.

GYMNASTICS - PRESCHOOLERS

DYNAMIC DUO I

Registration Fee: \$40.00 / \$50.00 Ages: 1 ½ -2

Experience the joy of assisting your tot in this fun gymnastics class guided by our instructors. Parents learn to safely help their youngsters develop tumbling skills, balance, strength and coordination. Class is designed to bring parents and tots closer in a mutual learning experience while offering the opportunity for both to network and form new friendships. Games, music and your presence provide a secure environment to prepare your child for further gymnastics development. Registrations for Dynamic Duo classes are for one adult and one child. A second child of the same age group may register and attend with the same adult. Unregistered children may not be present or participate in classes (including children in car seats, carriers and strollers). An adult must supervise children under the age of 13 in the facility at all times.

I300.408	RGC	3pm to 3:50pm	April 13 - June 15	M
I300.401	RGC	1pm to 1:50pm	April 14 - June 16	Tu
I300.403	RGC	11am to 11:50am	April 15 - June 17	W
I300.404	RGC	9:30am to 10:20am	April 16 - June 18	Th
I300.406	RGC	10am to 10:50am	April 17 - June 19	F
I300.405	RGC	2pm to 2:50pm	April 17 - June 19	F
I300.407	RGC	11am to 11:50am	April 18 - June 20	Sa
I300.108	RGC	3pm to 3:50pm	July 6 - Aug. 24	M
I300.101	RGC	1pm to 1:50pm	July 7 - Aug. 25	Tu
I300.103	RGC	11am to 11:50am	July 8 - Aug. 26	W
I300.104	RGC	9:30am to 10:20am	July 9 - Aug. 27	Th
I300.106	RGC	10am to 10:50am	July 10 - Aug. 28	F
I300.105	RGC	2pm to 2:50pm	July 10 - Aug. 28	F
I300.107	RGC	11am to 11:50am	July 11 - Aug. 29	Sa

DYNAMIC DUO I

Registration Fee: \$40.00 / \$50.00 Ages: 2 & 3

Experience the joy of assisting your tot in this fun gymnastics class guided by our instructors. Parents learn to safely help their youngsters develop tumbling skills, balance, strength and coordination. Class is designed to bring parents and tots closer in a mutual learning experience while offering the opportunity for both to network and form new friendships. Games, music and your presence provide a secure environment to prepare your child for further gymnastics development.

I301.401	RGC	9am to 9:50am	April 13 - June 15	M
I301.402	RGC	3pm to 3:50pm	April 13 - June 15	M
I301.406	RGC	1pm to 1:50pm	April 14 - June 16	Tu
I301.408	RGC	6:30pm to 7:20pm	April 14 - June 16	Tu
I301.403	RGC	11am to 11:50am	April 15 - June 17	W
I301.404	RGC	5:30pm to 6:20pm	April 15 - June 17	W
I301.405	RGC	9:30am to 10:20am	April 16 - June 25	Th
I301.407	RGC	11am to 11:50am	April 18 - June 20	Sa
I301.101	RGC	9am to 9:50am	July 6 - Aug. 24	M
I301.102	RGC	3pm to 3:50pm	July 6 - Aug. 24	M
I301.106	RGC	1pm to 1:50pm	July 7 - Aug. 25	Tu
I301.108	RGC	6:30pm to 7:20pm	July 7 - Aug. 25	Tu
I301.103	RGC	11am to 11:50am	July 8 - Aug. 26	W
I301.104	RGC	5:30pm to 6:20pm	July 8 - Aug. 26	W
I301.105	RGC	9:30am to 10:20am	July 9 - Aug. 27	Th
I301.107	RGC	11am to 11:50am	July 11 - Aug. 29	Sa

Don't see what you are looking for? Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

- **Classes begin the week of April 13 (Spring) and July 6 (Summer)**
- **Accepting MasterCard, Visa, or American Express for instructional Classes**

GYMNASTICS - PRESCHOOLERS

GYMINI CRICKETS II - EXPERIENCED

Registration Fee: \$40.00 / \$50.00 Ages: 4-6
Must have completed at least 2 Gymini Cricket I classes successfully and have an instructor's recommendation.

I307.413	RGC	11am to 11:50am	April 13 - June 15	M
I307.401	RGC	1pm to 1:50pm	April 13 - June 15	M
I307.412	RGC	4pm to 4:50pm	April 13 - June 15	M
I307.402	RGC	9:30am to 10:20am	April 14 - June 16	Tu
I307.403	RGC	3:30pm to 4:20pm	April 14 - June 16	Tu
I307.414	RGC	10am to 10:50am	April 15 - June 17	W
I307.405	RGC	1:30pm to 2:20pm	April 15 - June 17	W
I307.406	RGC	4:30pm to 5:20pm	April 15 - June 17	W
I307.404	RGC	6:30pm to 7:20pm	April 15 - June 17	W
I307.407	RGC	11:30am to 12:20pm	April 16 - June 18	Th
I307.408	RGC	2pm to 2:50pm	April 16 - June 18	Th
I307.409	RGC	4:30pm to 5:20pm	April 16 - June 18	Th
I307.415	RGC	9am to 9:50am	April 17 - June 19	F
I307.410	RGC	10am to 10:50am	April 18 - June 20	Sa
I307.411	RGC	9am to 9:50am	April 18 - June 20	Sa
I307.113	RGC	11am to 11:50am	July 6 - Sept. 7	M
I307.101	RGC	1pm to 1:50pm	July 6 - Sept. 7	M
I307.112	RGC	4pm to 4:50pm	July 6 - Sept. 7	M
I307.102	RGC	9:30am to 10:20am	July 7 - Sept. 8	Tu
I307.103	RGC	3:30pm to 4:20pm	July 7 - Sept. 8	Tu
I307.114	RGC	10am to 10:50am	July 8 - Sept. 9	W
I307.105	RGC	1:30pm to 2:20pm	July 8 - Sept. 9	W
I307.106	RGC	4:30pm to 5:20pm	July 8 - Sept. 9	W
I307.104	RGC	6:30pm to 7:20pm	July 8 - Sept. 9	W
I307.107	RGC	11:30am to 12:20pm	July 9 - Sept. 10	Th
I307.108	RGC	2pm to 2:50pm	July 9 - Sept. 10	Th
I307.109	RGC	4:30pm to 5:20pm	July 9 - Sept. 10	Th
I307.115	RGC	9am to 9:50am	July 10 - Sept. 11	F
I307.110	RGC	10am to 10:50am	July 11 - Sept. 12	Sa
I307.111	RGC	9am to 9:50am	July 11 - Sept. 12	Sa

YOUNG GYMINI CRICKETS

Registration Fee: \$40.00 / \$50.00 **Ages: 3 & 4**
This class is especially for the active 3 and 4 year old! If your 3 or 4 year old has become independent and ready for a class without mom or dad, then sign them up! Our instructors are ready for a fun filled session of running, crawling, jumping, swinging, rolling, hanging, throwing and balancing using equipment scaled to their size. Our goal is to help develop coordination, social skills, instill self-confidence and have fun.

I305.401	RGC	10am to 10:50am	April 13 - June 15	M
I305.415	RGC	2pm to 2:50pm	April 13 - June 15	M
I305.403	RGC	11:30am to 12:20pm	April 14 - June 16	Tu
I305.402	RGC	2:30pm to 3:20pm	April 14 - June 16	Tu
I305.404	RGC	4:30pm to 5:20pm	April 14 - June 16	Tu
I305.418	RGC	5:30pm to 6:20pm	April 14 - June 16	Tu
I305.414	RGC	9am to 9:50am	April 15 - June 17	W
I305.406	RGC	10:30am to 11:20am	April 16 - June 18	Th
I305.407	RGC	1pm to 1:50pm	April 16 - June 18	Th
I305.409	RGC	5:30pm to 6:20pm	April 16 - June 18	Th
I305.411	RGC	11am to 11:50am	April 17 - June 19	F
I305.408	RGC	3pm to 3:50pm	April 17 - June 19	F
I305.413	RGC	9am to 9:50am	April 18 - June 20	Sa
I305.419	RGC	3pm to 3:50pm	April 18 - June 20	Sa
I305.101	RGC	10am to 10:50am	July 6 - Sept. 7	M

Class information subject to change

Class information subject to change

Gymnastics Health & Fitness

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
 - Registrations accepted beginning February 26, 2015.
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GYMNASTICS - PRESCHOOLERS

YOUNG GYMINI CRICKETS... continued

I305.115	RGC	2pm to 2:50pm	July 6 - Sept. 7	M
I305.102	RGC	2:30pm to 3:20pm	July 7 - Sept. 8	Tu
I305.103	RGC	11:30am to 12:20pm	July 7 - Sept. 8	Tu
I305.104	RGC	4:30pm to 5:20pm	July 7 - Sept. 8	Tu
I305.118	RGC	5:30pm to 6:20pm	July 7 - Sept. 8	Tu
I305.114	RGC	9am to 9:50am	July 8 - Sept. 9	W
I305.106	RGC	10:30am to 11:20am	July 9 - Sept. 10	Th
I305.107	RGC	1pm to 1:50pm	July 9 - Sept. 10	Th
I305.109	RGC	5:30pm to 6:20pm	July 9 - Sept. 10	Th
I305.111	RGC	11am to 11:50am	July 10 - Sept. 11	F
I305.108	RGC	3pm to 3:50pm	July 10 - Sept. 11	F
I305.113	RGC	9am to 9:50am	July 11 - Sept. 12	Sa
I305.119	RGC	3pm to 3:50pm	July 11 - Sept. 12	Sa

GYMNASTICS CAMP

GYMNASTICS KINDER CAMP

Registration Fee: \$75.00Ages: 4-6 1/2

Gymnastics Kinder Camp is a fun filled week of gymnastics obstacles on all events, dance, relays and outside activities. All campers will receive a daily snack, prize, and a special award upon completion of camp.

I345.402	RGC	9am to Noon	April 6 - April 10	M Tu W Th F
I345.102	RGC	9am to Noon	June 29 - July 3	M Tu W Th F

GYMNASTICS SCHOOL AGE BOYS' CAMP

Registration Fee: \$125.00Ages: 6 ½-14

Gymnastics School Age Camp is a week of gymnastics training on all events plus dance, fun relays and outside activities. All campers will receive a daily snack, prize, and a special award upon completion of camp. School Age campers must bring a daily lunch with a drink. Must be enrolled in first grade.

I347.401	RGC	9am to 5pm	April 6 - April 10	M Tu W Th F
I347.101	RGC	9am to 5pm	June 29 - July 3	M Tu W Th F

Registration Fee: \$75.00

I346.401	RGC	9am to Noon	April 6 - April 10	M Tu W Th F
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GYMNASTICS SCHOOL AGE GIRLS' CAMP

Registration Fee: \$125.00Ages: 6 ½-14

Gymnastics School Age Camp is a week of gymnastics training on all events plus some dance, fun relays and outside activities. All campers will receive a daily snack, prize, and a special award upon completion of camp. Must be enrolled in first grade. School Age campers are required to bring a daily lunch with a drink.

I347.401	RGC	9am to 5pm	April 6 - April 10	M Tu W Th F
I346.101	RGC	9am to 5pm	June 29 - July 3	M Tu W Th F

Registration Fee: \$75.00

I346.402	RGC	9am to Noon	April 6 - April 10	M Tu W Th F
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HEALTH & FITNESS

BACK N SHAPE

Registration Fee: \$35.00Ages: 16-74

This class is an effective slower-paced workout . . . burn calories and shed inches while using a combination of low-impact cardiovascular training, toning movements and flexibility exercises. A yoga mat and hand weights are required.

I113.402	BMCC	6:30pm to 7:30pm	April 13 - June 15	M	Perry, D
I113.403	BMCC	6:30pm to 7:30pm	April 16 - June 18	Th	Perry, D

HEALTH & FITNESS

BARRE BODY BY THE FOUNTAIN

Registration Fee: \$130.00Ages: 15 and up

Enjoy streamlining, firming, tightening and toning your entire body outside by the City Center fountain! Experience the difference small, controlled isometric movements can make in just a matter of 8 1-hour sessions. Obtain that dancer's body you always admired.

I193.102	PILETC.	9am to 10am	July 11 - Aug. 29	Sa	Hudgins, S
I193.101	CC	9am to 10am	July 12 - Aug. 30	Su	Hudgins, S

BARRE PILATES

Registration Fee: \$130.00Ages: 15 and up

This class will focus on strengthening and shaping muscles, increasing flexibility and range of motion and of course, burning lots of calories. No prior dance experience required. Please bring an exercise mat and wear socks.

I191.101	PILETC	9:45am to 10:45am	July 7 - Aug. 25	Tu	Hudgins, S
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BEGINNING YOGA

Registration Fee: \$60.00Ages: 16 and up

YOGA - In this Hatha Yoga Class, the focus, through stretching and balancing postures will benefit: THE BODY - your body will become more flexible and you will build muscles while strengthening and toning. With practice, the spine will strengthen, correcting posture. Yoga practice eases back pain while creting balance and grace. MIND - Yoga increase physical awareness and relaxed body and mind which helps relieve chronic stress patterns. Yoga teaches to center your attention, sharpening your concentration. THE SPIRIT - Yoga frees the spirit enabling you to lead a useful life with stable emotions and a calm mind. REQUIREMENTS - Open mind, desire for a healthy lifestyle, commitment, Yoga mat and strap.

I108.401	DCC	5:30pm to 7:30pm	April 13 - June 1	M	Bonzek, M
I108.402	CWCC	6pm to 8pm	April 15 - June 3	W	Bonzek, M
I108.408	DCC	10am – 11am	April 16 – June 4	Th	Butcher, R
I108.101	DCC	5:30pm to 7:30pm	July 6 - Aug. 24	M	Bonzek, M
I108.102	CWCC	6pm to 8pm	July 8 - Aug. 26	W	Bonzek, M

BOOTY BARRE

Registration Fee: \$130.00Ages: 15 and up

This class is a fun, unique and high energy class fusing Pilates, dance, calisthenics and yoga. Develop balance and body awareness, increase flexibility and cardio endurance, improve your posture and create definition. Please bring a fitness mat and wear socks.

I187.401	PILETC.	6:30pm to 7:30pm	April 15 - June 3	W	Hudgins, S
I187.402	CC	11am to Noon	April 19 - June 7	Su	Hudgins, S

BUNS & TUMS

Registration Fee: \$30.00Ages: 13 and up

Designed to trim and tone the tummy, thighs, hips and buttocks. Use of weights, dyna-bands, discs & fitness balls are all included in this great class for sculpting your body and relieving stress. Tennis shoes and appropriate attire are required.

I111.401	RGC	6:30pm to 7:30pm	April 14 - June 2	Tu	Fertitta, T
I111.101	RGC	6:30pm to 7:30pm	July 7 - Aug. 25	Tu	Fertitta, T

ESSENTIAL MAT PILATES W/PROPS

Registration Fee: \$130.00Ages: 15 and up

This class is a three-dimensional fitness method known for strengthening and lengthening bodies. Enhance your core strength (muscles of the abdomen, lower back, hips and buttocks) and learn ways to properly support your joints. Please bring a fitness mat and wear socks.

I192.401	PILETC	11:30am to 12:30pm	April 17 - June 5	F	Hudgins, S
I192.101	PILETC	11:30am to 12:30pm	July 10 - Aug. 28	F	Hudgins, S

Health & fitness
Languages • Gymnastics

- ## HEALTH & FITNESS
- ### GET OUT & FLOW YOGA

GROUP INDOOR CYCLING

HI/LOW COMBO FITNESS

TABATA STRONG

YOGA (KUNDALINI)

YOGA FOR OVER 40

HEALTH & FITNESS

ZUMBA

I127.413	BMCC	6pm to 7pm	April 2 - April 23	Th	Rivera, J
I127.401	BMCC	6pm to 7pm	April 6 - April 27	M	Moore, J
I127.403	RGC	9:30am to 10:30am	April 7 - April 28	Tu	Rivera, J
I127.402	DMCC	7pm to 8pm	April 7 - April 28	Tu	Moore, J
I127.404	RGC	10am to 11am	April 9 - April 30	Th	Rivera, J
I127.414	DCC	6pm to 7pm	April 9 - April 30	Th	Rivera, J
I127.480	DCC	7:30pm to 8:30pm	April 15 - June 3	W	Moore, J
I127.409	BMCC	6pm to 7pm	May 4 - May 25	M	Moore, J
I127.405	RGC	9:30am to 10:30am	May 5 - May 26	Tu	Rivera, J
I127.410	DMCC	7pm to 8pm	May 5 - May 26	Tu	Moore, J
I127.406	RGC	10am to 11am	May 7 - May 28	Th	Rivera, J
I127.415	DCC	6pm to 7pm	May 7 - May 28	Th	Rivera, J
I127.411	BMCC	6pm to 7pm	June 1 - June 22	M	Moore, J
I127.407	RGC	9:30am to 10:30am	June 2 - June 23	Tu	Rivera, J
I127.412	DMCC	7pm to 8pm	June 2 - June 23	Tu	Moore, J
I127.408	RGC	10am to 11am	June 4 - June 25	Th	Rivera, J
I127.416	DCC	6pm to 7pm	June 4 - June 25	Th	Rivera, J
I127.101	BMCC	6pm to 7pm	July 6 - July 27	M	Moore, J
I127.102	DMCC	7pm to 8pm	July 7 - July 28	Tu	Moore, J
I127.180	DCC	7:30pm to 8:30pm	July 8 - Aug. 26	W	Moore, J
I127.103	BMCC	6pm to 7pm	Aug. 3 - Aug. 24	M	Moore, J
I127.104	DMCC	7pm to 8pm	Aug. 4 - Aug. 25	Tu	Moore, J

LANGUAGES

AMERICAN SIGN LANGUAGE - BEGINNER

AMERICAN SIGN LANGUAGE - INTERMEDIATE

MARTIAL ARTS

AIKIDO

Registration Fee:\$45.00 Ages: 16 and up

Aikido offers practical self-defense, but more importantly, it teaches self-improvement. Aikido improves not only your physical conditioning - stamina, balance, flexibility, coordination, strength, and resilience - but your mental conditioning as well - self-confidence, concentration, alertness and concern for others. The instruction is in the traditional style of Hombu Aikikai. Throwing and falling are stressed equally; you acquire the technique while being thrown and practice the techniques by throwing.

I232.401	CWCC	6:30pm to 8pm	April 13 - June 16	M Tu	Killblane, R
I232.101	CWCC	6:30pm to 8pm	July 6 - Sept. 8	M Tu	Killblane, R

Health & Fitness

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.

MARTIAL ARTS

BUDO

Registration Fee: \$45.00

Ages: 13 and up

A great way to learn self-defense the traditional way, this class is specifically geared towards the teen and adult age groups. We will practice Japanese karate and jiu-jitsu, and the instructor is certified by the Chikubu-Kai organization (www.chikubukai.org). The participants will learn punching, kicking, body positioning, choking, throwing, and joint manipulation; as well as fighting on the ground (grappling). Grappling (ground fighting) is a form of wrestling and involves being in very close proximity - beside, on top of, and underneath other persons. *Minimum age is 13 with parent permission.* A \$25 yearly fee, payable to the instructor, will be required if participants decide to continue with the class. Fee includes registration in the parent organization (Chikubu-kai) that sanctions the class.

I237.401	CWCC	6:30pm to 8:30pm	April 15 - June 3	W	Wirt, C
I237.101	CWCC	6:30pm to 8:30pm	July 8 - Aug. 26	W	Wirt, C

JAPANESE SWORD ARTS

Registration Fee: \$45.00 Ages: 15 and up

Students will learn basic sword etiquette (the proper way to handle a sword) and progress to learning the Seitei laido of the All Japan Kendo Federation. Students will also be trained in the art of Ken-jutsu (the art of sword fencing) and Kendo (the art of sport fencing). The Class instructor has more than 30 years of experience. The minimum equipment for this class is a bokken (wooden sword); the instructor can assist in purchasing this if needed. Progressive ranking is offered through Chikubu-Kai. If you decide to continue, a \$30 annual fee is required, payable to the instructor, for membership in Chikubu-Kai

I238.401	DCC	7pm to 9pm	April 15 - June 17	W	McCoy, H
I238.101	DCC	7pm to 9pm	July 8 – Sept 9	W	McCoy, H

KINDAI RYU JIU-JITSU

Registration Fee: \$45.00 **Ages:** 13 and up

Jiu-jitsu is a very old form of unarmed combat used by the Samurai of old Japan. It consists of a variety of pressure points, chokes, joint lock and throws to utilize the opponents own body against him. The skilled jiu-jitsu practitioner is as effective on the ground as he is on his feet. The ground fighting of Jiu Jitsu is sometimes referred to as “grappling” and has become more popular recently as a result of various Mixed Martial Arts. Class instructor has more than 30 years of experience. Progressive ranking is offered through Chikubu-Kai. If you decide to continue, a \$30 annual fee is required, payable to the instructor, for membership in Chikubu-Kai.

I240.401	DCC	7pm to 9pm	April 16 - June 18	Th	McCoy, H
I240.101	DCC	7pm to 9pm	July 9 – Sept 10	Th	McCoy, H

KUNG FU - ADULTS

Registration Fee: \$80.00

Ages: 16 and up

Jow Ga Kung Fu is a traditional Chinese martial art. Do not miss this opportunity to learn practical self-defense from world champion instructors and Hoy K. Lee, a world-renowned grandmaster with over 45 years of teaching experience. Jow Ga Kung Fu classes embody structured curriculums that encourage physical fitness and character development. Great for men, women and children of various ages, Jow Ga Kung Fu brings forth limitless opportunities to engage in traditional hand forms, exotic animal techniques, extensive weaponry, fighting sets, sparring and cultural activities. Our training philosophy tailors personal growth through group and individualized instruction. For more information, please visit www.jowgakungfu.com. Uniform fee of \$50 due to instructor.

1999.404	DCC	7pm to 8pm	April 1 - April 29	M W
1999.405	DCC	7pm to 8pm	May 4 - May 27	M W
1999.406	DCC	7pm to 8pm	June 1 - June 29	M W
1999.104	DCC	7pm to 8pm	July 1 - July 29	M W
1999.105	DCC	7pm to 8pm	Aug. 3 - Aug. 31	M W
1999.106	DCC	7pm to 8pm	Sept. 2 - Sept. 30	M W

Class information subject to change

- **Classes begin the week of April 13 (Spring) and July 6 (Summer)**
- **Accepting MasterCard, Visa, or American Express for instructional Clases**

MARTIAL ARTS

KUNG FU - CHILDREN

Registration Fee: \$60.00 Ages: 6-15

Jow Ga Kung Fu is a traditional Chinese martial art. Do not miss this opportunity to learn practical self-defense from world champion instructors and Hoy K. Lee, a world-renowned grandmaster with over 45 years of teaching experience. Jow Ga Kung Fu classes embody structured curriculums that encourage physical fitness and character development. Great for men, women and children of various ages, Jow Ga Kung Fu brings forth limitless opportunities to engage in traditional hand forms, exotic animal techniques, extensive weaponry, fighting sets, sparring and cultural activities. Our training philosophy tailors personal growth through group and individualized instruction. For more information, please visit www.jowgakungfu.com. Uniform fee of \$50 due to instructor.

1998.401	DCC	6pm to 7pm	April 1 - April 29	M W
1998.402	DCC	6pm to 7pm	May 4 - May 27	M W
1998.403	DCC	6pm to 7pm	June 1 - June 29	M W
1998.101	DCC	6pm to 7pm	July 1 - July 29	M W
1998.102	DCC	6pm to 7pm	Aug. 3 - Aug. 31	M W
1998.103	DCC	6pm to 7pm	Sept. 2 - Sept. 30	M W

SHORIN-KEN KARATE

Registration Fee: \$45.00

Ages: 8 and up

Our internationally certified instructors provide the opportunity for participants to enhance their physical conditioning skills, discipline and self-confidence through the study of classical forms, practical use, sparring and philosophy. Legitimate ranking is offered through Dai Nippon Butoku Kai (Greater Japan Martial Arts Association), one of the oldest and largest martial arts organizations in Japan. All students do warm up exercises together and are divided into skill levels for training. This program has been offered through the Newport News Parks and Recreation continuously for over 36 years and the head instructor has over 33 years experience. Annual membership payable to DNBK is required for students continuing past the first session. Youth - \$20 and Adult - \$30.

I201.401	RGC	6:30pm to 7:45pm	April 14 - June 4	Tu Th	Wooldridge, K
I201.101	RGC	6:30pm to 7:45pm	July 7 - Sept. 10	Tu Th	Wooldridge, K

SHITO-RYU KARATE

Registration Fee:\$45.00 Ages: 10 and up

Shito-Ryu Karate is a modern self-defense based on traditional martial arts that have been updated. Karate is an ancient fighting art that has evolved over thousands of years. It is an unarmed method of combat in which all parts of the anatomy are used to punch, strike, kick and block. Karate can be a sport or an art of self-defense. During this course, the students will start learning basic techniques and forms. The class instructor has more than 30 years of experience. Progressive ranking is offered through Cherub-Kai. If you decide to continue, a \$30 annual fee is required, payable to the instructor for membership in Chikubu-Kai.

I239.401	DCC	7pm to 9pm	April 13 - June 15	M	McCoy, H
I239.101	DCC	7pm to 9pm	July 6 – Sept 7	M	

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NEWPORT NEWS

Parks, Recreation & Tourism

Instructional Programs

WWW.FACEBOOK.COM/NNINSTRUCTIONAL

- # MARTIAL ARTS

TAE KWON DO

MARTIAL ARTS

TAE KWON DO - ADVANCED

YOUTH FITNESS KARATE

Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

All Students will be taught						
Courtesy	Perseverance	Self Control	Integrity	Character	Endeavor	Indomitable Spirit
While having fun learning the Martial Arts						

Classes are expected to fill up quickly so don't delay



For more information you can email Master T tmhapk@aol.com

Instructional Classes

- **Classes begin the week of April 13 (Spring) and July 6 (Summer)**
- **Accepting MasterCard, Visa, or American Express for instructional Classes**

SPORTS – CHILDREN

BEGINNER BOXING

“LITTLE SPORTS” CLASS

BASKETBALL SKILLS & DRILLS

Class information subject to change

Personal Development Sports • Music

- **Classes begin the week of April 13 (Spring) and July 6 (Summer)**
- **Accepting MasterCard, Visa, or American Express for instructional Classes**

BASKETBALL SKILLS & DRILLS - INT. / ADV.

SOCCER - PARENT & CHILD

Ages: 11-15

Registration Fee: \$40.00

Ages: 3 & 4

This class will introduce basic soccer skills including: dribbling, kicking, passing, and defensive ball-handling techniques. The best part about this class is that everyone gets a chance to touch the ball! This class involves both the parent and child in a fun filled 50 minutes of basic soccer skills.

I202.402	BMCC	9:30am to 10:20am	April 18 - June 20	Sa
I202.403	BMCC	10:30am to 11:20am	April 18 - June 20	Sa
I202.102	BMCC	9:30am to 10:20am	July 11 - Aug. 29	Sa
I202.103	BMCC	10:30am to 11:20am	July 11 - Aug. 29	Sa

ICE SKATING - BEGINNERS

MUSIC

GUITAR FOR KIDS

This introductory program emphasizes fun and security while quickly generating confidence and skills in forward and backward skating. Rental skates are provided at no additional charge. Please arrive 20 minutes early to check in and pick up skates. Large classes are divided based upon age. Parent/child groups may be divided. This is a one-time only beginner class. Progressive classes are available. Located behind Super K-mart Shopping Center on Victory Boulevard (Exit 256B from Interstate 64)

Registration Fee: \$50.00

Ages: 7 and up

The guitar is a very popular and fun instrument to learn how to play. Because guitars come in a variety of sizes, students can find an instrument that is the right size for them. The students will learn the basics of playing the guitar with both melody and simple chords while learning well known songs such as “Mary had a Little Lamb,” and “Twinkle, Twinkle, Little Star.” Guitar rentals are available for \$20. Students wishing to rent a guitar for class should contact the instructor at aubergii@gmail.com prior to the first day of class to make arrangements.

Ages: 7-13

I212.402	PLEX	6pm to 6:30pm	April 13 - June 8	M
I212.404	PLEX	6:15pm to 6:45pm	April 14 - June 2	Tu
I212.405	PLEX	11:15am to 11:45am	April 18 - June 6	Sa

Ages: 14 and up

I211.402	PLEX	10:45am to 11:15am	April 14 - June 2	Tu
I211.403	PLEX	6:50pm to 7:20pm	April 14 - June 2	Tu
I211.404	PLEX	Noon to 12:30pm	April 18 - June 6	Sa

I408.401	DCC	4pm to 4:50pm	April 18 - June 6	Sa	Auberg, J
I408.101	DCC	11am to 11:50am	July 6 - Aug. 24	M	Auberg, J

ICE SKATING - TINY TOTS

PIANO FOR ADULTS

Ages: 4-6

This introductory program emphasizes fun and security while quickly generating confidence and skills in forward and backward skating. Rental skates are provided at no additional charge. Please arrive 20 minutes early to check in and pick up skates. Large classes are divided based upon age. Parent/child groups may be divided. This is a one-time only beginner class. Progressive classes are available. Located behind Super K-mart Shopping Center on Victory Boulevard (Exit 256B from Interstate 64)

Registration Fee: \$50.00

Ages: 13 and up

Students will learn to play the piano in a group setting using familiar songs such as; “When the Saints”, “Brother John”, and “My Country Tis of Thee”. Technology combined with a carefully crafted teaching method to create an effective and fun learning environment. Keyboard rentals are available during the duration of the class session (\$20). Please contact the instructor at aubergii@gmail.com to make rental arrangements.

I208.402	PLEX	5:25pm to 5:55pm	April 13 - June 8	M
I208.403	PLEX	10:45am to 11:15am	April 14 - June 2	Tu
I208.404	PLEX	6:15pm to 6:45pm	April 14 - June 2	Tu
I208.405	PLEX	6:15pm to 6:45pm	April 18 - June 6	Sa

I406.401	DCC	10am to 10:50am	April 18 - June 6	Sa	Auberg, J
I406.101	DCC	10am to 10:50am	July 11 - Aug. 29	Sa	Auberg, J

SOCCER - INT.

PIANO FOR KIDS

Ages: 4-6

This class will introduce basic soccer skills including: dribbling, kicking, passing, and defensive ball-handling techniques. The best part about this class is that everyone gets a chance to touch the ball! **NOTE - this intermediate level class is for those children who do not need a parent with them on the field**

Registration Fee:\$50.00

Ages: 6-12

Students will learn to play the piano in a group setting using familiar songs such as; “Twinkle Twinkle Little Star”, “Brother John”, and “Mary had a Little Lamb”. Technology combined with a carefully crafted teaching method to create an effective and fun learning environment. Keyboard rentals are available during the duration of the class session (\$20). Please contact the instructor at aubergii@gmail.com to make rental arrangements.

I203.401	BMCC	11:30am to 12:20pm	April 18 - June 20	Sa
I203.402	BMCC	12:30pm to 1:20pm	April 18 - June 20	Sa
I203.403	BMCC	1:30pm to 2:20pm	April 18 - June 20	Sa
I203.101	BMCC	11:30am to 12:20pm	July 11 - Aug. 29	Sa
I203.102	BMCC	12:30pm to 1:20pm	July 11 - Aug. 29	Sa
I203.103	BMCC	1:30pm to 2:20pm	July 11 - Aug. 29	Sa

I405.401	DCC	9am to 9:50am	April 18 - June 6	Sa	Auberg, J
I405.102	DCC	9am to 9:50am	July 6 - Aug. 24	M	Auberg, J
I405.101	DCC	9am to 9:50am	July 11 - Aug. 29	Sa	Auberg, J

PIANO FOR KIDS - PART 2

Registration Fee: \$50.00

Ages: 6-12

This class is intended for students who have completed Part 1. Class time will be divided between group activities and individual instruction. During individual instruction, the rest of the class will practice or do music related writing exercises. Individual instruction will allow the student to progress at the piano quicker while allowing the student to move at their own pace. Keyboard rentals are available during the duration of the class session (\$20). Please contact the instructor at aubergii@gmail.com to make rental arrangements.

I416.401	DCC	11am to 11:50am	April 18 - June 6	Sa	Auberg, J
I416.101	DCC	10am to 10:50am	July 6 - Aug. 24	M	Auberg, J

Be sure to check our website weekly as we are always adding new classes, camps, workshops, events - www.nnparks.com/active

Sports
Theater Arts

Instructional Classes

- Registration information is on page 22-23 or call 926-1400
- Registrations accepted beginning February 26, 2015.
- Classes begin the week of April 13 (Spring) and July 6 (Summer)
- Accepting MasterCard, Visa, or American Express for instructional Classes

MUSIC

RECORDER (ENGLISH FLUTE)

Registration Fee: \$50.00 Ages: 7 and up

Although often written off as a toy instrument, the recorder is a full musical instrument in its own right. It was in use in daily music in 18th century America, where it was often referred to as the English flute. Its simplicity in learning to play has made it an ideal first instrument for young students. In this class, students will learn to play the recorder learning well-known songs such as “Twinkle, Twinkle, Little Star” and “Frere Jacques.” Recorders will be available for purchase for \$5. NOTE: \$1 recorders usually do not work well and are not suitable for class.

I407.401	DCC	3pm to 3:50pm	April 18 - June 6	Sa	Auberg, J
I407.101	DCC	Noon to 12:50pm	July 6 - Aug. 24	M	Auberg, J

THEATER ARTS

ACTING I FOR ADULTS

Registration Fee: \$65.00 Ages: 16 and up

Explore the basics of Acting including improvisation, voice, movement and script analysis. Students are asked to wear clothes they can move in and memorize lines outside of class. Class culminates in a short performance.

I410.411	BMCC	6:30pm to 8pm	April 13 - June 15	M	Hollis, L
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INTRODUCTION TO THEATRE

Registration Fee: \$110.00 Ages: 7-12

Students learn the basics of acting, voice, movement, and playwriting through a style of theatre. Students are asked to wear clothes they can move in and memorize lines outside of class. Class culminates in a short performance.

I490.401	BMCC	4:30pm to 6pm	April 13 - June 17	M W	Hollis, L
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For a Complete List of Classes and Descriptions, Please Visit Our Website at www.nnparks.com/active

ActiveNet makes registration simple and convenient

- Step 1: Go to www.nnparks.com/active and create an account. We encourage you to do this yourself. If you need assistance please call 926-1400, email: instructional@nngov.com, or stop by one our registration sites.
- Step 2: After creating your account, you are ready to register for one of our many instructional classes.
- Step 3: Register! There are **4** ways to register for your selected classes.

- 1
- 2
- 3
- 4

Register Online: The benefits of this are that you get immediate confirmation of payment, class registration, class schedules - and all from the comfort of home. Please be aware that **ActiveNet** assesses a convenience fee for this service, and a valid email address is required. If you have questions about this process, please see the FAQ's at www.nnparks.com/active for fee explanation and other helpful information. Please understand that **the convenience fee is nonrefundable.**

Register in person: At one of these Newport News Parks, Recreation & Tourism Facilities:

Brittingham-Midtown Community Center
570 Mc Lawhorne Drive

Courthouse Way Community Center
14302 Old Courthouse Way

Denbigh Community Center
15198 Warwick Blvd.

Riverview Gymnastics Center
125 City Farm Road

City Center Administrative Offices
700 Town Center Dr., Suite 320

We encourage you to create an account online at www.nnparks.com/active before registering. This will help to speed your registration process and ensure correct information. You may make payment with a check, money order or credit card (MasterCard, Visa or American Express only) **No cash is accepted.**

Register by phone: Call 926-1400 to register with a credit card by phone. Please have your class information ready and please create an online account prior to calling if possible to speed your registration process and to ensure correct information.

Register by mail: Registration by mail is accepted. Please realize that registrations are accepted on a first come first serve basis and the mail process would be the slowest form of registration. Payment may be made by credit card (MasterCard, Visa or American Express only) by money order (please include name of participant on money order) or check (please have social security or driver's license number written on check)

Please mail registrations to:
Attn: Class Registration,
Department of Parks, Recreation & Tourism
700 Town Center Drive, Suite 320
Newport News, VA 23606

- Step 4: **Confirm registration:** If you registered online or in person, you should receive an immediate receipt or by email. If not, you may check the status of your registration anytime by logging into your account. From there you can print your receipt or receive your receipt by email. If you cannot access your account call 926-1400 and our staff will be happy to assist you!
- Step 5: Enjoy your class! We love to hear your feedback. If you have any suggestions on how we can better serve you, please let us know. Thank you,
The Instructional Program Staff

NEWPORT NEWS PARKS & RECREATION SPRING AND SUMMER 2015 CLASS REGISTRATION FORM

Quarter: SP '15/SU '15 Email: _____ New Participant: ☐ Address Change: ☐

Participant Name: Last: _____ First: _____ Birthdate: ____/____/____

Parent Name: Last _____ First: _____ Birthdate: ____/____/____

House #: _____ Street: _____ Email address: _____

City: _____ State: _____ Zip: _____ - _____ Male ☐ Female ☐

Phone: Home: (____) _____ - _____ Cell: (____) _____ - _____

List any medical conditions/disabilities we should be aware of: _____ special accommodations? _____

CLASS#	CLASS NAME	LOCATION	DATE	DAY	TIME	FEES

Waiver Agreement: In consideration of accepting this registration, I hereby for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the city and its representatives, successors and assigns, for any and all injuries suffered by myself or my child at any activity by these groups.

Signature: _____ Date: _____

COMPLETION OF REGISTRATION FORM ACKNOWLEDGES UNDERSTANDING OF THE REGISTRATION AND REFUND POLICY.

Total Payment Amount: \$ _____ Check # _____ Check Amount \$ _____

Circle One: Mastercard Visa AE Card #: _____ - _____ - _____

Expiration: _____ - _____ Security Code: _____ Cardholder Name: _____

MAKE CHECKS PAYABLE TO CITY OF NEWPORT NEWS

Registration Information for Spring/Summer 2015 Instructional Classes

Class Dates: Most classes begin the week of April 13 (Spring) & July 6 (Summer), workshop start dates vary – see class listing for dates. **Participants do not receive confirmation notices. Please go to class location unless notified.**

Payment: No cash accepted. Make check or money order payable to the City of Newport News. When making a payment in person with a personal check, a form of identification is required (a picture I.D.). Checks received by mail do not require identification. Credit Cards accepted for Instructional Classes on pg. 5-22. Please do not include supply fees with class registration.

Caution: Due to the strenuous nature of some activities, the participant is urged to consult a physician before participation. Some activities present inherent risks and hazards, which the participant is urged to consider, and which the participant assumes.

Enrollment: Registration is accepted on a “first come, first served basis” until the maximum number of personas are accommodated. If any forms are incomplete, incorrect, lacking payment, not signed or have post-dated checks, they are rejected and returned. **(Please note that early registration is recommended. Classes that do not meet the minimum number of participants will be cancelled based on registrations received. Register early, YOU CAN MAKE THE DIFFERENCE!)**

Refunds: Participants who register for classes that do not meet the minimum enrollment standards, are full, cancelled, or otherwise unavailable will be called with alternative classes or the option to request a refund. Participants may request a refund for reasons other than those listed by the registration deadline. For workshops,

please see individual class registration deadline. Enrollee assumes the risk of changes in personal affairs or health. Registrations received by check will receive a check refund. Charge refunds will receive a credit to their account. In case of extenuating circumstances please contact us.

Please put identification number on registration form. Driver’s License number will suffice as identification.

Inclement Weather: The Instructional Program is CLOSED for inclement weather if either of the following organizations is closed: City of Newport News or Newport News Public Schools. If Newport News Public Schools operate on a DELAY due to inclement weather, Instructional Programs operate on the same delay. If Newport News Public Schools DISMISS EARLY, or in the event of inclement weather during the summer session, when schools are not open, participants should call the Instructional Notification Service at 926-7277 or (926-1400 for program schedule.

Parents: Classes start and end on schedule; please arrive promptly and pick up your child at the conclusion of the class. Parents may watch any class through the viewing glass, where available, unless participating in a parent/child class. Parent participation is required with all children under three years of age. Registration for parent/child classes is for one parent and one child. A second child of the same age group may register and attend with the same adult. Unregistered children may not be present or participate in classes (including children in car seats, carriers and strollers). **Children under the age of 13 are not permitted in facilities without parental supervision.**